

OVERWEIGHT AND OBESITY

Overweight adults:

- In 2000, 53% of Montana adults were at risk for being overweight according to the new Body Mass Index (BMI) classification of overweight (i.e., BMI ≥ 25).
- According to the old classification for overweight used for Healthy People 2000 Objective 1.2 listed below, 30% ($\pm 2\%$) of Montana adults aged 18 and older were overweight in 2000.
- From 1990 to 2000, there was an approximate increase of 11 percentage points in the prevalence of overweight among Montana adults.
- Males (63%) were substantially more likely to be overweight than females (43%).
- Fewer adults aged 18 to 24 (30%) were overweight than adults in older age classes ($\geq 50\%$).
- Education, income, and race had relatively little influence upon the percentage of adults who were overweight.

Note: Body Mass Index (BMI) is used to indicate overweight. BMI is a ratio of weight to height [kg/m² or (lbs. x 700)/in.²]. The BMI standard for overweight was changed by the National Heart, Lung, and Blood Institute (1998) to BMI ≥ 25 for both sexes. Previously, overweight was defined as BMI ≥ 27.8 for males and ≥ 27.3 for females, which was the standard used by Healthy People 2000.

Obese adults:

- In 2000, sixteen percent of Montana adults were considered at risk for obesity (i.e., BMI ≥ 30).
- From 1990 to 2000 there was an increase of 7 percentage points in the prevalence of obesity among Montana adults.
- Adults aged 25 and older ($>14\%$) were more likely to be at risk for obesity than adults less than 25 years of age ($<5\%$).
- Adults with a college degree were less likely to be obese (13%) than those adults with a high school education or less ($>18\%$).
- There was a tendency for lower income groups to be more obese than higher income groups, but there was very little statistical difference of obesity based on income in Montana.

Note: According to the National Heart, Lung, and Blood Institute (1998), persons with a BMI ≥ 30 are at risk for being obese.

Healthy People 2000 Objectives:

- 1.2 Reduce overweight (BMI ≥ 27.8 for males and BMI ≥ 27.3 for females) to a prevalence of no more than 20 percent among people aged 20 and older.**

Healthy People 2010 Objectives:

- 19-1 Increase the proportion of adults (to at least 60 percent) who are at a healthy weight ($18.5 \leq \text{BMI} < 25.0$).**

Table 5. Overweight and Obesity, Montana Adults, 2000 (with 95% confidence intervals).

	Overweight*			Obese**		
	Total No.	WT.%	CI	Total No.	WT.%	CI
All Adults:						
2000	2884	53.1	50.6-55.5	2884	15.9	14.2-17.6
Sex:						
Male	1277	62.6	59.0-66.2	1277	16.4	13.8-18.9
Female	1607	43.4	40.1-46.7	1607	15.4	13.3-17.6
Age:						
18-24	220	30.0	22.6-37.5	220	4.6	1.8-7.5
25-34	401	50.5	44.3-56.6	401	14.7	10.6-18.8
35-44	647	58.2	52.9-63.5	647	17.6	13.7-21.6
45-54	613	57.9	52.7-63.1	613	19.2	15.1-23.3
55-64	389	61.9	55.3-68.5	389	16.7	11.9-21.4
65+	611	54.0	48.7-59.3	611	18.7	14.7-22.6
Education:						
<High School	276	49.6	40.4-58.7	276	20.8	14.6-27.0
High School	922	55.9	51.6-60.3	922	18.4	15.1-21.8
Some College	868	52.3	47.7-56.8	868	15.0	12.1-18.0
College Degree	816	52.1	47.6-56.5	816	12.8	10.1-15.5
Income:						
<\$15,000	275	52.0	43.3-60.6	275	20.0	14.4-25.6
\$15,000 - \$24,999	613	49.8	44.5-55.1	613	17.6	13.9-21.4
\$25,000 - \$49,999	874	58.0	53.6-62.4	874	16.1	13.0-19.1
\$50,000 - \$74,999	304	52.0	44.7-59.4	304	15.3	9.4-21.2
\$75,000+	192	53.8	44.4-63.2	192	11.8	6.3-17.4
Race:						
White, non-Hispanic	2485	52.2	49.6-54.8	2485	15.2	13.4-16.9
Non-white or Hispanic	391	63.5	56.2-70.8	391	25.3	19.1-31.5

* Overweight = BMI ≥ 25 ** Obese = BMI ≥ 30

Figure 3. Montana Adults Who Are Overweight or Obese According to Body Mass Index, 1990-2000.

